

Monthly Meeting of GMA members

- Theme : Food nutrition “Why we eat and what to Eat”
- Date : 19th Oct '2019 Time : 5.00 PM to 7.00 PM
- Venue : GMA Conference Hall, Guwahati .
- Attendance : 70 GMA Members and a few guest.
- Name of Speaker : Dr. Basanti Baroova, Former Prof. Assam Agriculture University and start up Entrepreneur

At the beginning, Mr D Gohain V P, Guwahati Management Association welcomed all members who had come for the meeting to hear on a subject very important to everyone and more particularly to our young children.

After that Ms Pranita Deka, a Retd. Civil Service officer was welcomed to the G M A fold as a member.

Starting her deliberation , Prof Basanti Baroova emphasised on the importance of what we eat and what to eat . She spoke of some instances where proper diet had helped curing various ailments. Her main Mantra for good health is “eat everything in moderation and avoid salt and sugar as much as possible.”. She observed that it was not difficult to make out a habit of our children not to have too much of salt and sugar from childhood, as it is only an acquired taste

The meeting concluded with vote of thanks by Mr B K Duari, V P G M A.



Prof. Basanti Baroova delivering her talk.